# SRI RANGANATHA GOUDIYA MATHA,HESARAGHATTA

## VAISHNAVA EKADASHI CALENDAR FOR 2024-25

| DATE | DAY | TITHI | BREAKING TIME(NEXT DAY) |
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| 19-04-24 | FRIDAY | KAMADA EKADASHI | AFTER SUNRISE - 9.30am |
| 04-05-24 | SATURDAY | VARUTHINI EKADASHI | AFTER SUNRISE - 9.25am |
| 10-05-24 | FRIDAY | AKSHAYA TRITIYA | |
| 19-05-24 | SUNDAY | MOHINI EKADASHI | AFTER SUNRISE - 9.22am |
| 21-05-24 | TUESDAY | SRI NARASIMHA CHATURDASHI | AFTER SUNRISE - 9.22am |
| 23-05-24 | THURSDAY | SRI SRI RADHA RAMANDEV PRAKTYA TITHI, BUDDHA PURNIMA, SRILA SRINIVAS ACARYA APPEARANCE DAY,SRILA MADHAVENDRA PURI APPEARANCE DAY | |
| 03-06-24 | MONDAY | APARA EKADASHI | AFTER SUNRISE - 9.22am |
| 18-06-24 | TUESDAY | VYANJALI MAHADVADASHI | AFTER SUNRISE - 6.52am |
| 20-06-24 | THURSDAY | PANIHATI CIDA-DAHI FESTIVAL | |
| 22-06-24 | SATURDAY | SRI SRI JAGANNATHDEVA SNANA YATRA | |
| 02-07-24 | TUESDAY | YOGINI EKADASHI | AFTER SUNRISE - 7.03am |
| 06-07-24 | SATURDAY | GUNDICHA MANDIR MARJAN | |
| 07-07-24 | SUNDAY | SRI SRI JAGANNATHDEVA RATHA YATRA | |
| 11-07-24 | THURSDAY | HERA PANCHAMI | |
| 15-07-24 | MONDAY | SRI SRI JAGANNATHADEVA PUNARYATRA | |
| 17-07-24 | WEDNESDAY | SAYANA EKADASHI | AFTER SUNRISE - 9.31am |
| 21-07-24 | SUNDAY | GURU PURNIMA (STARING OF 1st MONTH CATURMASYA) | |
| 31-07-24 | WEDNESDAY | KAMIKA EKADASHI | AFTER SUNRISE - 9.33am |
| 16-08-24 | FRIDAY | PAVITROPANA EKADASHI( JHULAN YATRA BEGINS) | AFTER SUNRISE-10.00am |
| 19-08-24 | MONDAY | SRILA BALADEV PRABHU APPEARANCE DAY (END OF JHULAN YATRA) 2nd MONTH CATURMASYA | AFTER SUNRISE - 9.33am |
| 27-08-24 | TUESDAY | SRI KRISHNA JANMASHTAMI | AFTER SUNRISE -10.14am |
| 28-08-24 | WEDNESDAY | SRI NANDOTSAVA SRILA BAKTIVEDANTA SWAMI MAHARAJ`S APPEARANCE DAY | |
| 30-08-24 | FRIDAY | PAKSHAVARDHINI MAHADVADASHI | AFTER SUNRISE - 9.32am |
| 11-09-24 | WEDNESDAY | SRI RADHASHTAMI | |
| 15-09-24 | SUNDAY | VIJAYA MAHADVADASHI | AFTER SUNRISE - 9.30am |

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| 18-09-24 | WEDNESDAY | 3rd MONTH CATURMASYA (SRI SRI VISHWAROOPA MAHOTSAVA) | |
| 28-09-24 | SATURDAY | INDIRA EKADASHI | AFTER SUNRISE - 9.29am |
| 13-10-24 | SUNDAY | VIJAYA DASHAMI | |
| 14-10-24 | MONDAY | PAPANKUSHA EKADASHI | AFTER SUNRISE - 9.28am |
| 17-10-24 | THURSDAY | KARTIKA VRATA (DAMODAR VRATA) BEGINS<br>DISAPPEARANCE DAY OF SRILA BHAKTI PRAJNANA KESAVA GOSWAMI MAHARAJ | |
| 28-10-24 | MONDAY | RAMAA EKADASHI | AFTER SUNRISE -9.29am |
| 01-11-24 | FRIDAY | DEEPAVALI | |
| 02-11-24 | SATURDAY | SRI GOVARDHAN POOJA | |
| 12-11-24 | TUESDAY | UTTANA EKADASHI | AFTER SUNRISE 9.32am |
| 15-11-24 | FRIDAY | DAMODAR VRATA ENDS | |
| 26-11-24 | TUESDAY | UTPANNA EKADASHI | AFTER 10.28am |
| 11-12-24 | WEDNESDAY | MOKSHADA EKADASHI (GEETHA JAYANTHI) | AFTER SUNRISE - 9.45 am |
| 24-12-24 | TUESDAY | DISAPPEARANCE DAY OF SRILA BAKTIVEDANTA NARAYAN MAHARAJ ,APPEARANCE DAY OF SRILA BAKTIVEDANTA VAMANA MAHARAJ | |
| 26-12-24 | THURSDAY | SAPHALA EKADASHI | AFTER SUNRISE - 9.53am |
| 10-01-25 | FRIDAY | PUTRADA EKADASHI | AFTER SUNRISE - 7.44am |
| 25-01-25 | SATURDAY | SAT-TILA EKADASHI | AFTER SUNRISE - 10.02am |
| 29-01-25 | WEDNESDAY | APPEARANCE DAY OF SRILA BAKTI VEDANTA NARAYAN MAHARAJ | |
| 03-02-24 | MONDAY | VASANTA PANCHAMI | |
| 05-02-25 | WEDNESDAY | SRI ADVAITA SAPTAMI | AFTER SUNRISE -10.21am |
| 08-02-25 | SATURDAY | JAYA EKADASHI | AFTER SUNRISE - 10.01am |
| 10-02-25 | MONDAY | SRI NITYANANDA TRAYODASHI | AFTER SUNRISE - 10.00am |
| 24-02-25 | MONDAY | VIJAYA EKADASHI | AFTER SUNRISE - 9.57am |
| 27-02-25 | THURSDAY | SRI SIVA CHATURDASHI | AFTER SUNRISE - 10.39am |
| 09-03-25 | SUNDAY | SRI NAVADWEEP DHAM PARIKRAMA BEGINS | |
| 10-03-25 | MONDAY | AMALAKI EKADASHI | AFTER SUNRISE - 9.31am |
| 14-03-25 | FRIDAY | SRI GAURA PURNIMA | AFTER SUNRISE - 9.48am |
| 15-03-25 | SATURDAY | SRI JAGANNATH MISHRAS ANANDOTSAVA | |

SRI KRISHNA CHAITANYA PRABHU NITYANANDA SRI ADVAITHA GADHADHARA SRI VASADI GAURA BHAKTA VRINDA

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# Rules for Fasting

## Standard for Ekādaśī Break-fasts

If you have observed a complete fast (without even water) you do not need to break it with grains. You can break it with caranamrita or fruit. But if you have observed Ekādaśī by eating fruit, vegetables, etc., then it should be broken on the following day by taking grains at the times mentioned herein.

Mahā-dvādaśi is observed like Ekādaśī.

## Ekādaśī

The essence is to eat simply, once or twice, so that one can spend as much time as possible hearing, chanting and remembering Śrī Śrī Rādhā-Kṛṣṇa. Never eat meat, fish, eggs, onions, garlic, carrots (red and orange), red lentils (masūr-dal), green flat lentils, mushrooms or products thereof, sea salt, refined oil and sugar.

- **Restricted foods on Ekādaśī**:
- Tomatoes, eggplants, cauliflower, broccoli, bell peppers, beets, bitter melon (karela), loki, parmal, toroi, kunli, drumsticks, bindī (ladies' fingers) and banana flowers
- Peas, chickpeas and all types of beans, including products made from beans (e.g., papadams, tofu, tempeh)
- All leafy vegetables (e.g., spinach, salads, cabbages) and leafy herbs like parsley, coriander leaves, celery and curry leaves
- Grains (e.g., millet, barley, farina, pasta, rice, corn) and all types of flour made from grains and beans (e.g., rice flour, chickpea flour, urad dahl flour)
- Starches from corn or grains, and products made from or mixed with these starches like baking soda, baking powder, certain soft drinks with corn syrup, custard, certain yoghurts and puddings, certain varieties of cream and cottage cheese, certain sweets and candies, and tapioca balls
- Oils made from grains (e.g., corn oil, mustard oil, sesame oil) and products fried in these oils (e.g., fried nuts, potato chips and other fried snack foods)
- Honey, and sweets made with starches
- **Spices used on Ekādaśī:** black pepper, fresh ginger, Pink or himalayan salt and fresh turmeric, all taken from a new and clean package
- **Spices not used on Ekādaśī**: hing (asofetida), sesame seeds, cumin, fenugreek, mustard, tamarind, fennel, cardamom and nutmeg
- **Foods that can be taken all days of the year, including Ekādaśī and Cāturmāsya:**
- All fruits (fresh and dried)(avoid coated.apples,dragon fruit & durian), all nuts and all oils made from nuts
- Potatoes, pumpkin, cucumber, radish, squash, lemon, avocado, olives, coconut, buckwheat, joni jaggary (pure liquid jaggery)

- All pure milk products (except yoghurt during the 2nd month of Cāturmāsya and milk during the 3rd month)
- **For sannyāsīs, brahmacārīs and vānaprasthas:** shaving head and cutting nails is to be done on full moon days

**Cāturmāsya**

- **Restricted foods during the entire four months of Cāturmāsya:**
- Eggplants, tomatoes, loki, parmal, urad dahl and honey
- **Particular foods that are restricted during each of the four months:**
- First month: No leafy vegetables, such as spinach, salads of all types, cabbages of all types, kale, leafy herbs like coriander, mint, parsley, curry and powdered leafy herbs and teas
- Second month: No yoghurt (if one requires it for health, it can be mixed with water)
- Third month: No milk (if required, it can be mixed with a drop of lemon juice)
- Fourth month: No mustard oil or sesame seeds

**Purusottama Masa**

- **Restricted foods during the month of Puruṣottama:**
- Eggplants, tomatoes, loki, parmal, urad dahl, honey, mustard oil or sesame seeds
- **No shaving for brahmacārīs and sannyāsīs**